Sport and Exercise Psychology: Its Impact on Motivation

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Why Mental Skills?

- **How much of my performance (eg. Sport) is mental? (0-100%)**
- **Of all the mistakes/errors in my performance, what % of them would I consider as "mental" errors? (0-100%)**
- **Of all of my training and preparation time, what % do I spend on a structured MENTAL SKILLS plan? (0-100%)**

Creating a Plan

- **Knowledge of skills**
- **Commitment to plan**
- **Setting Goals**
- **Monitoring**
- **Evaluation**

Goal-Setting Skills

- **Outcome and Process Goals**
- **Written goals - journal**
- **Short-term and Long-term goals**
- **How to measure?**
- **When to change?**
- **Evaluate and Revise**
- **Enjoy Success**

Activation Techniques

- **Relaxation Exercises**
  -PMR
  -Autogenic
- **Breath Control**
- **“On-site” Activation Techniques**
- **“Psyching up” Techniques**

Attentional Control Techniques

- **Imagery**
  -External vs Internal
  -Use of sensory modalities
  -Relaxation enhances use
  -Kinesthetic awareness
- **Identifying Task Relevant “Cues”**

Cognitive Strategies

- **Journaling**
- **Self-talk strategies (conscious vs subconscious focus; “letting go”)**
- **Pre-performance mental “routines”-Individualized -”Learned” tools**
- **“Cue” words - practice/competition**

Pre-Performance Planning

- **Identifying relevant task variables**
- **Understanding individual optimal performance variables, including activation and attentional control**
- **Creating a Plan**
- **Rehearsal and repetition**
- **Journaling and Evaluation/Revision**

Motivational Variables

- **Intrinsic vs Extrinsic**
- **Goals and goal setting**
- **Attributions for performance**
- **Individual differences**

Elements of “Flow”
(Csikzentmihalyi, 1990)

- **Goal setting process**
- **Being immersed in the activity**
- **Paying attention to what is happening**
- **Enjoying the experience**

Military Applications

- ***Can a "performance" psychology program be implemented into a military training environment to enhance performance?***

Performance Psychology and OCS

- ***Developed during 1997-2000 time period***
- ***Initiated by OCS Commander***
- ***Consultation visits to observe OCD "performance" issues/demands/program***
- ***Consultation meetings with OCS staff*** ***(US Navy Officers & Master Chiefs/Marine Corps Drill Instructors/OCS Candidates)***
- ***Development/Implementation of OCS Performance Psychology Curriculum***

Performance Psychology and OCS

- ***OCS Staff Training on Performance Psychology Curriculum***
- ***Performance Psychology "Series": 1) Goal Setting; 2) Energy Management; 3) Focus and Concentration; and, 4) Mental Training Routines *Military performance-orientation***
- ***Lectures with video (Dr. Carr)/outlines***
- ***Taught by OCS Staff (USN Officers)***

Performance Psychology and OCS

- ***Implemented curriculum; evaluated post-class graduation***
- ***Initial data indicated that OCS candidates that reported utilizing performance psychology skills had LESS performance anxiety and INCREASED performance on measures such as physical testing/military testing/acceptance to designators***
- ***Future???? Sept. 11, 2001 briefing cancelled***

Questions?

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